

FEW LITTLE TRAILERS.

It pays to be polite, provided it is not carried to the line of obsequiousness.

Caprice and affection are potent factors in governing the movements of mankind.

A man's means count for a great deal when his appearance is under discussion.

A woman shows her true feelings when the object of her affection is spoken of lightly.

Women speak of dress reform as though they really meant to do something in that line.

The man who runs away from trouble does not always escape the consequences of it.

The majority of men think they know how to circumvent the most accomplished schemer.

An individual who lacks force of character can be trusted only with commonplace secrets.

A woman has no trouble in applying to herself the situation of an oppressed heroine of fiction.

Men like to have women pay deference to their ability to detect the meaning of side remarks.

It is very easy for a man to tell what he would do if placed in the position of some other man.

When notoriety is mistaken for popularity some one is seen to be affected with an attack of conceit.

It hurts a woman's feelings to find that a man has said her complexion was subject to frequent changes.

Many a woman holds such an exalted opinion of herself that she has not time to find out what others think of her.

WORDS OF THE WISE.

Nations, like individuals, live or die, but civilization can not perish.—Mazini.

Man yields to custom as he bows to fate—in all things ruled, mind, body and estate.—Crabbe.

We always like those who admire us, but we do not always like those whom we admire.—Rochefoucauld.

Every time a man smiles, and much more when he laughs, it adds something to his fragment of life.—Sterne.

Be great in act as you have been in thought. Suit the action to the word and the word to the action.—Shakespeare.

God be thanked for books; they are the voices of the distant and the dead, and make us heirs of the spiritual life of past ages.—Channing.

O, cursed lust of gold! When for thy sake the fool throws up his interest in both worlds, first starved in this, then damned in that to come.—Blair.

A WORD FROM BRE'R WILLIAMS.

No use wastin' time tryin' to cultivate wisdom. Once you got it, it cultivates you.

Misery is so fond er comp'ny, she'd walk ten miles ter set up wid a funeral ten minutes.

Charity not only kivers a multitude of sinners, but she 'blegs ter have kiver enough ter hide some er de saints.

De sayin' is, friendship is des a name; but, half de time, w'en you gits in trouble it tells de judge it ain't got no name at all!

If you ain't got wisdom enough ter git out er a shower er rain, you ought not ter raise a bowl w'en de yuther feller steals yo' umbrella.—Atlanta Constitution.

REFLECTIONS OF A BACHELOR.

An automobile is rigid economy compared with a wife.

A woman can cry herself into places a man can't fight into.

Once in a while a boy knows enough not to know more than his father.

A woman isn't half as afraid of a burglar's revolver as he is of her scream.

A widow is awful clever to make a man think he is good to her because he pities her.

You pay an extra high price for life insurance, and somebody else gets what you buy.

It is a much better guess to be made a fool of by a woman than to think she is the one.

FRESH AIR FOR CONSUMPTIVES

Most Effective Weapon Available for Conflict With Dreaded "White Plague"

The following abstracts from an article by J. E. Stubbett, M. D., in the Medical Record, should receive wide and careful attention. No doubt if these ideas could be carried out, the "white plague" would be robbed of much of its terror:

In ancient times it was highly improper to expose a tuberculous patient, especially one beyond the first stage, to a breath of fresh air except on the mildest days in summer, while the night air was dreaded and avoided as the plague. Then the more observant and thoughtful men noticed that those who lived more in the open air did not die as quickly as the hot-house patients, and they began to urge an outdoor life and moderate exercise as a prophylactic as well as a cure for those in the early stages of consumption. Those in the more advanced stages were allowed fresh air only when it was at summer temperature, but even this was better than being kept indoors in warm, ill-ventilated rooms the whole year.

There are several plans by which the victim of tuberculosis may continuously breathe pure, fresh air by night as well as by day. Sleeping out in the open air is not harmful to a large majority of tuberculous people. Miller, of Brockton, Mass., reports the cases of five patients whom he recommended to sleep out of doors at night. They were allowed no roof over their heads except in rainy weather. They wore soft felt hats and cotton nightshirts, sleeping under ordinary bedclothes in beds arranged on the roofs of their houses. Improvement was noted in two weeks. Coughs disappeared, temperatures became normal, respirations were easier and weight increased rapidly. No attention was paid to dampness and drafts, and heavy dew was regarded as inconvenient simply because of the necessity of drying the bedclothes.

Sleeping in a small room with an open window does not appear to be nearly so beneficial to the patient as when the nights are passed on a veranda or in a tent where there is a free circulation of air on all sides. If a patient were fortunate enough to have a large room with a southern exposure and containing one or two open fireplaces, in addition to large windows on three sides, which might be opened at night, he might derive approximately the benefit incident to tent life.

McGraham, of South Carolina, prefers the circular to the army tent, and thinks it better to place it on a platform two feet from the ground, and to do without carpets and draperies. Draperies are not necessary, but rugs add greatly to the comfort and convenience of those in ill health, and their use can be made perfectly safe by exposing them to the sunlight for a few hours daily.

**Special Hospitals for Consumptives.** A hundred years ago the city of Naples, Italy, erected a large hospital for consumptives, and required the isolation of all persons suffering from this disease. It is only recently, however, that the authorities of modern cities have become awakened to the importance of this sanitary measure. Recently a number of cities have taken steps for the establishment of hospitals especially for the treatment of cases of consumption by the so-called "open-air method." Excellent results are reported from this method of treatment.

The German government has a large central committee numbering more than thirteen hundred persons, organized for the purpose of erecting hospitals for the treatment of tuberculosis. This committee has under its supervision seventy-four such hospitals, and last year treated over thirty thousand patients, of whom eighty per cent were returned to their homes practically cured after remaining in the hospitals on an average of a little less than three months.

**An Extra Good Appetite.** A good appetite is a symptom of good health. An extra good appetite is sometimes a symptom of constitutional disturbance somewhere. A sample letter sent to the "Questions and Answers" column of a prominent health journal was something like this:

"I am troubled with pimples, not to a great extent, but still very annoying. They appear principally on the forehead, but occasionally on other places. I often feel languid, and tire easily, and cannot gain flesh, although I have an extra good appetite. Still I am not sick, and have not been in bed for a day in my life. Age, nineteen years. Will you kindly advise me what you think would remove these pimples?"

There is little doubt but that the "extra good appetite" alluded to affords the key to the situation. The digestive organs have more than they can take care of, and consequently do not properly take care of anything furnished. There will be frequent headaches, skin disorders and alternate constipation and diarrhea with such persons. Pimples are a natural result of such depraved blood conditions.

With many people the habit of hearty eating is continued when the warm spring days come. Food which was appropriate when the thermometer was at zero is continued in the same quality and quantity when the thermometer rises to ninety degrees in the sun, and averages above sixty all day and night. The person who loses his appetite under such a condition

is on safe ground. The person with an extra good appetite will be able to exercise self-control or be placed on the retired list to learn wisdom by experience.

Cigarettes.

Tobacco injures men and kills children. The Chicago school board has been having a medical examination of certain pupils before allowing them to take part in certain athletic sports. Boys and girls were subjected to the same examination. Not one girl was found unable to pass, while a large number of the boys, in almost every case smokers, were found to be in a physical condition which made violent exercise of any kind very dangerous. Twenty-one out of a hundred were found unfit, and all but three suffered from some form of heart trouble. Almost without exception the unfit ones were cigarette smokers.

How to Earn Sound Sleep.

All doctors are not so careful of the welfare of their patients as they might be. Here is a story of one who went to the limit. He is the proprietor of a famous health resort not far from —. When he receives a patient for treatment he says:

"Now, I want it understood that unless you do exactly as I say, there is no use of your staying."

This rule sometimes requires him to be very harsh, but he never hesitates. He acts on the theory that he can better afford to offend a single patient and lose him than to have that patient go back home and tell his friends Dr. So-and-So had done him no good, relates the Washington Star.

Not long ago a well-known clergyman went to this resort for treatment. The doctor looked him over upon his arrival and said:

"While you are here you must take long walks every day."

"But I can't take walks," replied the person. "I haven't done any walking for years. My heart won't stand it."

They argued the question quite warmly. As the clergyman and doctor were good friends, the latter was more lenient than usual. However, he bided his time. The next afternoon the physician said to the clergyman:

"It's a nice day. I would like you to go horseback riding with me."

Riding they went. When they were about eight miles from the sanitarium the physician said: "Oh, doctor, won't you get me that flower by the roadside? I don't like to leave this horse."

As soon as the clergyman was on the ground the doctor galloped off with both horses, and the clergyman was compelled to walk back to the sanitarium. Upon his arrival he was very angry, and was for packing up and leaving at once. There was no train that night, so he was forced to stay a few hours longer. The next morning he came down radiant and good natured.

"Doctor," said he, "I was pretty sore at you last night, but I forgive everything. I have had the first good sleep I have enjoyed in months. Hereafter I'll obey your order implicitly."

TIMELY VEGETARIAN RECIPES.

**Cream of Celery Soup**—Ingredients: Celery tops, 1 quart cream or rich milk.

Method—Put tops in saucepan, cover with water, simmer one hour. Drain, return water to pan, add milk and stalks, simmer one-half hour longer, season to taste, remove celery, thickener to consistency of cream. Serve hot.

**Chili Sauce**—Ingredients: One quart strained tomato, 4 tablespoons minced celery, 3 tablespoons minced onion, sugar.

Method—Put all together in saucepan, let come to boil, set on back of range and simmer two hours. A small piece of lemon peel and a cup of chopped tart apples will greatly improve the flavor. Cook till apples are done, remove lemon peel, cool, serve.

**Candied Sweet Potatoes**—Boil potatoes till tender, remove jackets, arrange in oiled baking pan, sprinkle with powdered sugar, brown in slow oven.

**Sweet Potato Cutlets**—Pare potatoes, cover with boiling water, boil twenty minutes, drain off half the water, and cook till soft. They should be almost dry when done. Mash or put through ricer. Form in shape of chops, sprinkle with powdered sugar, and brown in medium oven. Serve with sugar peas.

**Porkless Baked Beans**—Wash beans, place in heavy pot and boil five minutes. Salt to taste. Bake twenty-four hours in slow oven, keeping barely covered with water. When done, the beans should be of a uniform dark brown. Longer cooking will improve.

**Potatoes Lyonnaise**—Chop cold boiled or baked potatoes. Season with salt while chopping. Stir in onions and parsley minced. If too stiff, thin with nut cream to consistency desired. Turn into oiled baking pan, smooth, brush with cream, brown. Serve in squares.

**Turnips Stewed in Cream**—Pare young turnips, cut in dice. Simmer till nearly done. Drain off nearly all the water. Add enough cream to barely cover. Salt to taste. Simmer till tender (don't boil). Thicken slightly. Serve.

SEEKS PAUL JONES' GRAVE

Gen. Horace Porter Writes of His as Yet Unsuccessful Quest for Remains of Hero.

Upon coming to France I felt a sense of deep humiliation to think that the most fascinating hero of our revolution and the father of the American navy, John Paul Jones, had been permitted to lie for more than a century in an unknown and forgotten grave in a foreign land and that no serious effort had been made to rescue his remains from oblivion. More than five years ago upon my own responsibility I began a systematic search for the recovery of his body. It was believed to have been buried in a cemetery for foreign Protestants, presumably the old St. Louis cemetery in the northeastern quarter of Paris, although several authors had mentioned other burying grounds.

Unfortunately the public records had been disturbed and scattered during the revolution, and the registers of foreign Protestant burials burned by the commune in 1871. Fortunately, an archeologist had preserved a copy of the register containing Paul Jones' certificate of burial, but no mention was made of the place of interment. Search was then made of the records of the national assembly which had honored Paul Jones' memory by appointing a distinguished delegation to attend his funeral, also of newspapers of that date, July 29, 1792, as well as records of many departments of the public service, of registers of all known cemeteries and of the Protestant church, whose pastor delivered the funeral oration, but by a singular fatality no mention was made as to where the remains had been deposited.

Finally, direct information, corroborated by circumstantial evidence, was obtained which made it certain that Paul Jones had been buried in the now abandoned St. Louis cemetery. Among other evidence, a most interesting letter was discovered in the department of justice, saying that when it was found that there was no money available for the funeral, M. Simonneau, a commissary of police, generously volunteered to pay out of his own pocket the expenses, amounting to 462 francs. M. Simonneau was then commissary of the arrondissement where the St. Louis cemetery was located.

I was now perfectly convinced the body had been buried there, and no mention of any removals from this cemetery could be found upon the city records, and no intimation to that effect. Nevertheless, to be certain, I decided to make arrangements whereby I was permitted to sink a shaft on the premises, and at a depth of seventeen feet the bodies of the dead were found undisturbed. The ground had been leveled up and is covered with buildings.

After difficult negotiations extending over a year an agreement was finally executed with proprietors and tenants whereby options were procured for making the necessary excavations. After making careful estimates of the cost I recommended a maximum appropriation of \$35,000.

There is absolute proof that John Paul Jones was buried in a leaden coffin which undoubtedly bears a plate with his name. Besides, I have the exact measures of his body and other trustworthy means of identification. While other countries have been gathering the ashes of their heroes in Pantheons, Walhallas and Westminster abbeys, all that is mortal of this marvelous organizer of American victories upon the sea lies like the body of an outcast in a squalid quarter of a distant city, in a neglected grave, where he was placed by the hand of charity to keep him from the potter's field.

What was once consecrated ground has since been desecrated by its having been occupied by market gardeners and contractors for removing night soil, and even by the burial of dogs. It is fitting that an effort should be made to give him appropriate sepulture at last in that great land of liberty which his heroic deeds helped make free.

NEW TO SUCCEED CORTELYOU

Indiana Man Chairman of Republican National Committee.

Harry Stewart New, who has been appointed vice chairman of the Republican national committee, and who, upon the retirement of Mr. Cortelyou, will become acting chairman, is a resident of Indianapolis, Ind., where he is well known in political and newspaper circles. He was in charge of the Republican western headquarters at Chicago during the last campaign. Mr. New was born in Indianapolis in 1858 and was educated at Butler college. For a short time he served as police commissioner and also has been a member of the state senate. During the Spanish war he was assistant adjutant general.

COST OF MODERN EDUCATION.

Increase in Tuition Charges Greatly to Be Deplored.

The tendency toward higher prices, even for education, is illustrated again by the announcement that Vassar college has raised its rates. Since 1866 a girl's absolutely necessary expenses at Vassar have been \$400 a year. Now they go up to \$500. Institutions of learning, like enterprises of any other sort, can not live beyond their incomes for very long at a time. Since their running expenses are more than they used to be, and since they must be constantly extending their courses and improving their facilities, they must get more money from somewhere. The unfortunate feature of the situation is that increased tuition charges make it very hard for young men and women in moderate circumstances to pay the market price for their education. The advance in rates makes it all the more important to bestow scholarships with a liberal hand. No college that turns away a student because he is poor is fulfilling its mission.—Ohio State Journal.

Natal Women Want Suffrage.

Natal women who are members of the local branch of the Women's Suffrage League have circulated a petition which they propose to present to the Natal Parliament. The petitioners claim that on the grounds of justice, equity and expediency the parliamentary franchise should be extended to them, and they contend that as women own property, pay taxes, directly and indirectly, and are subject to all the laws, it is unjust that they should have no voice in the making of the laws.

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TO MARK VALIANT DEEDS.

Societies Organized to Secure Recognition of American Triumphs.

President Roosevelt has had his attention called to the agitation started by the Military Order of the Dragon, composed of officers of the United States army, who assisted in suppressing the Boxer uprising in China, to suitably commemorate the part taken by the United States in that struggle, as well as to talk in the Society of the Army of Santiago, as to marking commemorative places in Cuba. Nearly all the European countries have marked their part in the Chinese struggle by tablets on the wall at Peking, and the idea is to have this country do the same. The tablets would contain the names of the soldiers and sailors who were killed and wounded at Peking and elsewhere in China. At Santiago it is proposed to mark the points of the battlefield that were most important to the Americans as well as the graves of American soldiers.

BLAME PLACED ON LOOMIS.

Said to Be Cause of Friction in State Department.

Francis B. Loomis, whose retirement from the position of assistant secretary of state is forecast in dispatches from Washington, was responsible, it is said, for the first trouble over the Dominion treaty. While Mr. Hay was sick and Mr. Loomis was in charge of the state department's affairs the first draft of the Dominion agreement was published, together with the statement that it would not have to receive the approval of the Senate before going into effect. This is what led to the recent differences between the president and the senate. It is said there



FRANCIS B. LOOMIS

has been friction in the state department ever since, which cannot be stopped save by the removal of one of its causes.

Admiral Togo.

Frederick Villiers, the English correspondent, writes as follows of a meeting he had with Admiral Togo on board the latter's flagship: "The great man had a peculiar way of standing with both hands spread out on his hips and arms akimbo. I took a sketch of him in this position, and then I found a most amusing coincidence: His officers, from the chief of his staff down to the middles, all aped their beloved chief and stood with their arms and hands in the same attitude."

A GREAT MEDICINE

BRINGS HEALTH TO THREE MEMBERS OF SAME FAMILY.

Cures a Wife's Debility After Malaria, a Husband's Rheumatism, a Daughter's Nervous Prostration.

"I have recommended Dr. Williams' Pink Pills to many people," said Mrs. Gossett, "because I have seen such good results, time after time, right in my own family. There are three of us who have no doubt about their merits. We do not need to take anybody's word on the subject for our own experience has taught us how well they deserve praise."

"It was just about ten years ago that I first read about Dr. Williams' Pink Pills, and bought my first box. I was at that time all run down, weak, nervous and without ambition. I had been doctoring all summer for malaria and stomach trouble. Everybody thought I was going into consumption, as my mother had died of that disease."

"Thanks to Dr. Williams' Pink Pills, I am now alive and hearty. I began to improve as soon as I began to take them, and when I had taken three boxes I was a well woman. Everyone wonders how I keep so well and am able to care for my home and six children without help. Dr. Williams' Pink Pills explain it."

"My oldest girl's health began to fail when she was about fourteen. She was nervous, complained of sharp pains in her head, would get drowsy sick and have to leave the school room to get fresh air to revive her. I gave some pills to her. She took only a few boxes, but they cured her troubles, and caused her to develop into a perfect picture of health. Then my husband took them for rheumatism and found that they would cure that too. So you see we have all got great good from using them, and that is why we recommend them to others."

Mrs. Minnie B. Gossett lives at Ulrichville, Tuscarawas Co., Ohio, and is well known, as she has resided in the same neighborhood for more than thirteen years. Her story shows that a medicine which makes the blood sound and the nerves strong, overcomes a variety of diseases and should be found in every household. Dr. Williams' Pink Pills are sold by all druggists everywhere. They have cured anemia, and all forms of weakness, also the most stubborn cases of dyspepsia and rheumatism. They are indispensable for growing girls.

Mamma—Tommy, I don't like to have you play with boys who are bad. Tommy—But the good boys are no good, mamma.

EFFECTS OF PROSPERITY.

In the six years of the country's greatest prosperity, from 1897 to 1903, average prices of breadstuffs advanced 65 per cent, meats 23.1 per cent, dairy and garden products 50.1 per cent, and clothing 24.1. All these were products of the farmer and stockman who profited more than any other class of the community by these advances. The miner benefited 42.1 per cent by that advance in the average price of metals. The only decrease in the average prices of commodities in that period was in railway freight rates which decreased from .738 per ton-mile in 1897 to .703 in 1903, a loss of 4.4 per cent. The report of the Interstate Commerce Commission shows that the average increase in the pay of railroad employes in the period was a trifle above 8.5 per cent.

"Isn't your grandfather an octogenarian, Bobby?" asked the visitor. "No, ma'am," replied the little fellow. "He's a Methodist."

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 18 oz.—one full pound—while all other Cold Water Starches are put up in 5-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters and figures "16 oz." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

The man who doesn't worry is entitled to a lot of credit he never gets.

TEA

If you haven't found-out, Schilling's Best you are missing a good deal of comfort.

Your grocer returns your money if you don't like Schilling's Best.

The man who talks as if he had his mouth full of hot mush is never able to make a stirring speech.

**FARMS GIVEN AWAY.** 16,000 farms of 160 acres each, situated in the Uintah Indian Reservation in Utah, will be open for occupancy very shortly. Don't you want to homestead one and make yourself a home? This land is the best adapted to stock raising and farming of any land in Utah. Send 25 cents for book and map telling about the country, how to homestead and route to get to the land. THE UINTAH COLONY CO., Box 498, Denver, Colo.

An ounce of action is worth a pound of threats.

Lewis' "Single Binder" straight razor. Price to dealers \$2.00 per M. They cost some more than other brands, but to more than a good razor should cost. Lewis' Factory, Peoria, Ill.

It is always better to shake hands than to shake fists.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

The most popular secret society among the girls is one where they swap secrets instead of keeping them.